SPECIAL EVENTS

Pool Games - NEW

Tuesdays, 2 p.m.

Bring your game and shoot pool with friends.

Fresh Conversations: Connection Between Diet, Exercise & Sleep

Tuesday, November 1, 11 a.m.

Learn the role diet, exercise and sleep play in health and how they are interconnected.

Southern Maryland Encore Chorale

Wednesday, November 2, 12:45 p.m.

Sip some apple cider and enjoy the festive musical performance as we continue to ease into the season.

Veteran's Day Celebration

Ice Cream Sundaes

Thursday, November 10, 12:30 p.m.

Enjoy a sundae to honor our veterans.

Movie: Megan Leavy

Thursday, November 10, 12:45 p.m.

True story of U.S. Marine and how her military dog saved her life. Corporal Leavey then worked diligently to pass legislation that saved his life.

Bead Workshop

Friday, November 18, 1 p.m.

Make and take you very own piece of beaded jewelry. Space is limited.

History Presentation: The Ritchie Brothers

Tuesday, November 22, 11 a.m.

Learn about the gentlemen from Fort Ritchie in Western Maryland who have been attributed to offering 75% of the surveillance information that led to America's victory in WWII.

Thanksgiving Party

Thursday, November 17

- 9 a.m. Auction Item Bidding
- 11 a.m. Music & Door Prizes
- 12 p.m. Lunch (Must Register)
- 1 p.m. Auction Drawings Begin



NOVEMBER 2022



SOUTHERN PINES NEWS

20 Appeal Lane, Lusby MD 20657 Phone: 410-586-2748 Fax: 410-326-0673

			Office on Aging				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:30A Open Art Studio 9:30A Ceramics \$ 10:00A Walk for Fun 12:30P Duplicate Bridge	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 9:30A Studio Art \$ 10:00A Gentle Yoga 12:30P Duplicate Bridge 1:00P Needlepoint/ Embroidery 1:00P Let's Move 2:00P Pool Games	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:00A Adventures in Art \$ 10:00A Walk for Fun 10:00A Line Dancing 11:00A Bone Builders	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 9:00A Info & Assistance 9:30A Ceramics \$ 10:00A Let's Move 11:00A Bible Study 12:30P Chess 1:00P Knitting & Crocheting	8:30A Computer Lab 8:30A Fitness Room Open 8:30A Pool Room Open 8:30A Sewing Room Open 8:30A Open Art Studio 10:00A Walk for Fun 1:00P Oil Painting \$		
	OTHER SCHEDULED ACTIVITIES						
	Santa's Workshop Craft Fair Wednesday, Dec. 7 Vendor Table \$20.00	1 11:00A Fresh Conversations: Connection Between Diet, Exercise & Sleep +	10:30A Center Tour & Fitness Orientation + 12:30P Birthday Party 12:45P SOMD Encore Chorale +	3	9:00A Fitness Consultations		
	Call to reserve a table.		50/50 BIRTHDAY RAFFLE		FITNESS FRIDAY		
	7 1:00P Living Well with Diabetes + 1:00P Creative Writing	CENTER CLOSED FOR OBSERVANCE OF ELECTION DAY	1:00P Song Circle	10 11:00A Senior Council Meeting 11:00A The Daniel Plan + 12:30P Veteran Ice Cream Sundaes 12:45P Movie: Megan Leavy	CENTER CLOSED FOR OBSERVANCE OF VETERANS DAY		
	9:00A CalvertHealth Mobile Health Center 1:00P Living Well with Diabetes + AUCTION ITEM BIDDIING	9:00A Ask the Nurse 12:30P Calvert Library Bookmobile 2:00P Grief & Loss Support AUCTION ITEM BIDDIING	1:00P Book Club: If The Creek Don't Rise, by Leah Weiss AUCTION ITEM BIDDIING	11:00A The Daniel Plan + 1:00P Auction Drawing THANKSGIVING PARTY AUCTION ITEM BIDDIING	1:00P Bead Workshop +		
	1:00P Living Well with Diabetes +	10:00A Veteran Support Group 11:00A History Presentation: The Ritchie Brothers + NO YOGA	1:00P Song Circle	CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING	CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING		
777	1:00P Living Well with Diabetes +	29	10:30A Center Tour & Fitness Orientation + 1:30P Deck The Halls +	+ = Pre-registration required \$ = Fee	For Center & Fitness Orientation, Call 410-586-2748		

November/December 2022 The Connection

SPECIAL EVENTS

Holiday Sea Glass Ornament

Thursday, December 1, 1 p.m.

Make a holiday ornament out of local SOMD sea glass. Great gift idea!

Santa's Workshop Craft Fair

Wednesday, December 7, 9 a.m.

Enjoy the spirit of Christmas and browse local artisans for one of a kind gifts. Special appearance by Santa!

DIY Fresh Greens

Friday, December 9, 1 p.m.

Learn how to decorate with fresh greens and make your very own piece to deck your halls!

Santa's Letters

Tuesday, December 13, 11 a.m.

Calling all elves. Get in the Christmas spirit and help Santa respond to the letters he receives from kids in our community!

Christmas Carol Sing Along

Monday, December 19, 12:30 p.m.

Spread Christmas cheer as we sing Christmas carols led by Barb & Donna.

Crazy Gift Exchange

Thursday, December 22, 12:45 p.m.

Bring a gift valued at \$10 and join the crazy gift exchange for an afternoon of fun! Swap, steal and see what gift you end up taking home!

Holiday Charades: Staff vs. Seniors

Friday, December 23, 1 p.m.

Join us for a "Friday Fun", game of Holiday-Themed Charades against the SPSC staff.

New Years Toast

Thursday, December 29, 12:30 p.m.

Celebrate with us as we remember special moments in 2022 and joyfully anticipate 2023!

Christmas Party

Friday, December 16

Wear your 'Ugly (or Pretty) Christmas Sweater to be entered into winning a prize!

- 11 a.m. Games & Raffle
- 12 p.m. Lunch (Must Register)
- 12:45 p.m. 24U Band

DECEMBER 2022

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CENTER CLOSED

FOR OBSERVANCE OF

CHRISTMAS



SOUTHERN PINES NEWS

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	Office on Aging					
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OTHER SCHEDULED ACTIVITIES						
Call to sched	DY FOR THE NEW YEAR! dule a Fitness Orientation & Tour at 410-586-2748	+ = Pre-registration required \$ = Fee	11:00A The Daniel Plan + 1:00P Holiday Sea Glass Ornament +	9:00A Fitness Consultations FITNESS FRIDAY		
1:00P Living Well with Diabetes + 1:00P Creative Writing	11:00A Fresh Conversations: "Sunshine" Vitamin and the Connection with Depression	9:00A Santa's Workshop Craft Fair 1:00P Song Circle	11:00A Senior Council Meeting 11:00A The Daniel Plan + LUNCH SERVED AT 11:30A CENTER CLOSING AT 12:30P	1:00P DIY Fresh Greens+		
9:00A-11:30A CalvertHealth Mobile Health Center 1:00P Living Well with Diabetes +	11:00A Santa Letters + 2:00P Grief & Loss Support	10:30A Center Tour & Fitness Orientation + 12:30P Birthday Party	9:00A Ask the Pharmacist + 11:00A The Daniel Plan +	11:00A Games & Raffle 12:45P 24U Band +		
Diabetes 1		50/50 BIRTHDAY RAFFLE		CHRISTMAS PARTY		
12:30P Christmas Carol Sing Along +	9:00A Ask the Nurse 12:30P Calvert Library Bookmobile	1:00P Book Club: It All Comes Back To You, by Beth Duke	21 11:00A The Daniel Plan + 12:45P Crazy Gift Exchange +	23 1:00P Holiday Charades: Staff vs. Seniors +		

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12:30P New Year's Toast +

November/December 2022 The Connection

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1:00P Song Circle